

## CLAIMS

The following Claims are pending in the present application:

1. A method of treating hypertension in humans comprising
  - a) providing a subject and a composition comprising a safe and effective amount conjugated linoleic acid; and
  - b) administering said conjugated linoleic acid composition to said subject under conditions such that blood pressure of said subjects is reduced.
2. The method of Claim 1 wherein the conjugated linoleic acid composition is a mixture of octadecadienoic acid isomers selected from the group of cis-9, trans-11; cis-9, cis-11; trans-9, cis-11; trans-9, trans-11; cis-10, cis-12; cis-10, trans-12; trans-10, cis-12; trans-10, trans-12 octadecadienoic acid.
3. The method of Claim 1 wherein the conjugated linoleic acid composition consists essentially of octadecadienoic acid isomers selected from 9,11 octadecadienoic acid, 10,12 octadecadienoic acid, and mixtures thereof.
4. The method of Claim 1 wherein said conjugated linoleic acid composition comprises esters of conjugated linoleic acid.
5. The method of Claim 4 wherein said esters are selected from methyl esters and ethyl esters.
6. The method of Claim 1 wherein said conjugated linoleic acid composition comprises triglycerides including at least one conjugated linoleic acid at the SN-1, SN-2, or SN-3 position of said triglycerides.

7. The method of Claim 1 wherein the conjugated linoleic acid is administered orally.

8. The method of Claim 1 wherein the conjugated linoleic acid is provided in a prepared food product.

9. The method of Claim 1 wherein said safe and effective amount of conjugated linoleic acid is about 0.1 to 20 grams.  
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10. A method of reducing serum lipase activity in humans comprising

a) providing a subject and a composition comprising a safe and effective amount conjugated linoleic acid; and

b) administering said conjugated linoleic acid composition to said subject under conditions such that serum lipase activity of said subjects is reduced.

11. The method of Claim 10 wherein the conjugated linoleic acid composition is a mixture of octadecadienoic acid isomers selected from the group of cis-9, trans-11; cis-9, cis-11; trans-9, cis-11; trans-9, trans-11; cis-10, cis-12; cis-10, trans-12; trans-10, cis-12; trans-10, trans-12 octadecadienoic acid.

12. The method of Claim 10 wherein the conjugated linoleic acid composition consists essentially of octadecadienoic acid isomers selected from 9,11 octadecadienoic acid, 10,12 octadecadienoic acid, and mixtures thereof.

13. The method of Claim 10 wherein said conjugated linoleic acid composition comprises esters of conjugated linoleic acid.

14. The method of Claim 13 wherein said esters are selected from methyl esters and ethyl esters.

15. The method of Claim 10 wherein said conjugated linoleic acid composition comprises triglycerides including at least one conjugated linoleic acid at the SN-1, SN-2, or SN-3 position of said triglycerides.

16. The method of Claim 10 wherein the conjugated linoleic acid is administered orally.

17. The method of Claim 10 wherein the conjugated linoleic acid is provided in a prepared food product.

18. The method of Claim 10 wherein said safe and effective amount of conjugated linoleic acid is about 0.1 to 20 grams.